



Space Observer

Friday, June 14, 2002

Peterson Air Force Base, Colo.

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Design by Staff Sgt. Josh Clendenen

Cover Story...3

FYI...9

Feature...10-11

Sports...15

From the Top

SECAF reflects on past year, looks to future

Dr. James G. Roche
Secretary of the Air Force

To the men and women of the U.S. Air Force: One year ago this month, I was sworn in as your 20th Secretary of the Air Force and became, on that day, a proud member of a magnificent team of active duty, Guard, Reserve, and civilian airmen. During this time, I've had the deep honor and pleasure to serve alongside Gens. Mike Ryan and John Jumper, and our chief master sergeant of the Air Force, Jim Finch. It is impossible to imagine three more dedicated and professional Air Force leaders.

As I reflect on the year gone by, my first thoughts are with the airmen of our force who made the ultimate sacrifice in the defense of our nation and the freedoms we hold dear. Remember them and their families. Their supreme sacrifice, along with the countless heroes who have gone before them, is why we live free in this great nation.

Each of you should be extremely proud of your achievements and service this past year, from combat operations and homeland defense in the war against international terrorism to your admirable and noble daily endeavors that guarantee the readiness, health, security and morale of our fighting force.

In my travels around our Air Force, I've been impressed and humbled by your ingenuity, commitment and willingness to serve. Thank you for everything you've done to make our Air Force the best the world has ever known.

Of utmost importance to



Secretary of the Air Force, Dr. James G. Roche

me is our continued focus on warfighting, and honing the edge that enables us to remain expeditionary and responsive to the needs of our nation. The American people trust and admire what you do.

They know that America's Air Force provides a full spectrum of air and space capabilities that deliver unprecedented firepower, mobility, awareness and deterrence to our joint forces. And, once again, they've witnessed first hand your truly remarkable performance during operations Enduring Freedom and Noble Eagle.

Through your incredible efforts in this campaign, from deploying troops and building bases to coordinating fires and engaging targets, you've again demonstrated the unrivaled skill of airmen. Consider what we've done for just a moment.

In the first eight months

of our war on terrorism, we flew more than 35,000 sorties, employing 78 percent of the total munitions used and damaging or destroying three-quarters of targets.

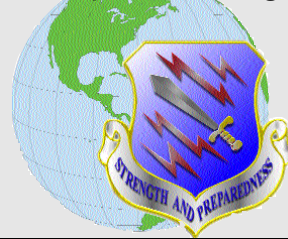
Our tanker force flew more than 10,000 refueling missions, supporting aircraft from all services.

Our intelligence, surveillance and reconnaissance assets, manned and unmanned, have flown more than 2,000 missions and, when combined with our indispensable space systems, delivered unprecedented battlefield awareness as well as a vision of the exciting future in this evolving mission area.

Our heavy-lifters (cargo aircraft) delivered more than 2.5 million humanitarian daily rations to the people of Afghanistan.

See **ROCHE**, Page 14

21st Space Wing



GSU At a Glance



Unit: 7th Space Warning Squadron

Location: Beale Air Force Base, Calif.

Mission: The 7th SWS is primarily responsible for detecting sea-launched ballistic missiles fired from submarines in the Pacific Ocean.

The unit then determines how many missiles were launched and their probable destination, and reports that to the North American Aerospace Defense Command's missile warning center, Cheyenne Mountain Air Force Station; U.S. Strategic Command, Offutt AFB; and national senior leaders.

This unit helps form a two-layered, worldwide network of missile warning systems. The system also detects intercontinental ballistic missiles launched toward North America.

In addition, the squadron helps track earth-orbiting satellites, and reports that information to the 1st Space Control Squadron at Cheyenne Mountain AFS, Colo. This information is combined with information from other sensors to form a satellite catalog. The Cheyenne Mountain AFS space control center uses the catalog to keep track of more than 8,000 objects in orbit.

Speed is a key factor in day-to-day squadron activities. Within 60 seconds after detecting a launch, the crew on duty has to determine if the detection is valid or due to computer, mechanical or personnel error. After that, the crew determines the number of launched vehicles and provides impact predictions on North America. Once the information is determined, the unit passes updates to the appropriate authorities.



Space Observer

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A Moment in Time: June 1942



On June 22, the Colorado Springs Army Air Base was assigned to the 2nd Air Force, headquartered at Fort George Wright, Wa.

The base would be renamed only a few weeks later after 1st Lt. Edward Peterson crashed his plane and died while taking off from the airfield.



**1st Lt.
Edward
Peterson**

News

Peterson hosts CORONA Top '02

AF leadership descends on Peterson to plan future of AF

By 2nd Lt. Suzy Kohout
21st Space Wing Public Affairs

Peterson Air Force Base and team members from the 21st Space Wing, 50th Space Wing, Space Command Headquarters, and Space Warfare Center successfully hosted CORONA Top 2002 here this week.

The CORONA Top conference is a senior Air Force Leadership forum hosted by the Chief of Staff of the Air Force to review and formulate policy, share information, and address current issues related to operational war fighting.

CORONA conferences are held three times a year, but times and locations may change at the CSAF direction. CORONA South traditionally meets in Florida each winter and CORONA Fall at the Air Force Academy. CORONA Top meets at various locales each summer. The location of CORONA Top is determined each year by the CSAF.

Peterson, home to the 21st Space Wing and four-star generals Gen. Ed Eberhart, NORAD Commander in Chief and U.S. Space Command Commander in Chief, and Gen. Lance Lord, Air Force Space Command Commander, was selected to host CORONA Top last year. However, due to conflicting engagements by the CSAF and SecAF, the conference was cancelled for 2001.

All in the same week this year, Peterson hosted a General Officer/Senior Executive Service Call with 175 attendees, the CSAF's Transformation Summit discussion with 75 attendees, and CORONA Top, attended by the Secretary of the Air Force, the Under SecAF, the CSAF

and approximately 55 active commanders from around the Air Force.

As the host base for CORONA Top, Peterson provided the bulk of the support, to include pre-planning efforts, logistics, and conference execution on an around-the-clock basis beginning June 9. The Peterson Team consisted of over 250 individuals helping to ensure mission success.

Base personnel from services, communications, security forces, transportation, civil engineering, base operations, protocol, airfield operations, visual information, the High Frontier Honor Guard, the Band of the Rockies, and many others, led the way in scoring high marks as the hosts for CORONA Top's once-a-year meeting of the Air Force senior leadership to determine the future of the service.

"The outstanding success of CORONA Top this year started with the entire 21st Space Wing Team led by Brig. Gen. Duane Deal, 21st Space Wing Commander. Together with members from Air Force Space Command and the Air Staff, we were able to produce top-notch events in beautiful locations for service leaders to map out a course for our Air Force," said Col. Tom Bradley, lead CORONA Top project officer for Peterson.

The planning started up to 24 months ago for some and culminated with a base-wide effort this week by almost 300 people.

The base Leadership Development Center setup 24-hour operations to facilitate assistance for conferees, escorts, and aides. Landscapers ensured the base looked its best for the big event. From lodging, to the food service provided, to the golf course the base and its personnel were ready. Transportation worked around-the-clock providing mass transit and government vehicles for the conferees. In some cases rental cars and drivers were also provided to the distinguished visitors.



Photo by Capt. Don Kerr

Airman 1st Class Carlos DeJesus, 21st Security Forces Squadron, guards the entrance to the Leadership Development Center, which stood up this week as the 24-hour Corona Operations Center.

"From the words of Air Staff, Peterson complex employees have been very professional and only the highest marks go to all the units that have helped with CORONA," said Col. Michael Selva, 21st Support Group Commander.

Officially, the tri-annual meetings are known as the Chief of Staff Senior Commanders Conferences, but CORONA has become the commonly used word. Not only has the name evolved, but each year many different issues and topics are discussed that turn out to have Air Force-wide interest and impact.

For instance, during CORONA South '02, conferees focused on topics like advanced technologies and organi-

zational change. During CORONA '99, conferees addressed management issues, including changes to the enlisted training process, housing privatization, stop-loss, and Expeditionary Aerospace Forces.

While CORONA is an opportunity for general officers to meet in an environment conducive to the success of their mission, it can be a difficult, trying week for host base personnel. Peterson complex personnel responded to that challenge and came through with flying colors.

"There were more than a few opportunities for complete breakdowns, but Team 21 came through intact and unscathed," said Maj. Oscar Vaughn, Headquarters Air Force.

News Briefs

WATER RESTRICTIONS

Due to severe drought conditions, Peterson Air Force Base and Colorado Springs have gone to Stage II water restrictions.

During Stage II, residents should water their lawns in the early morning or late evening. Excessive water use will be closely monitored.

Also during Stage II, the car wash will be closed on Tuesday's and Wednesday's. If Phase III is implemented, the car wash will be closed.

Watch the base marquees and the *Space Observer* for the latest Water Restriction stages and changes.

STOP LOSS UPDATE

Two deadlines have been set concerning this month's Stop Loss release announcement.

For members whose retirement or separation date was cancelled or suspended due to Stop Loss, the following

deadlines apply:

■ Anyone who intends to separate or start terminal leave in July must turn in a letter of intent to the military personnel flight by June 24.

■ Anyone who plans to separate or start terminal leave after Aug. 1 must turn in a letter of intent by July 15.

For details, call 556-7184.

ROCKY MOUNTAIN GAMES

Volunteers are needed for the Rocky Mountain State Games, which are scheduled for Aug. 2-4.

The games take place at the Air Force Academy and volunteers are needed for a number of different areas.

To volunteer, call 634-7333, extension 1009.

ROAD CLOSURES

There will be various road closures in the next couple of weeks. The closures are:

■ Hamilton Avenue will be closed from Peterson Boulevard east, and Suffolk Street will be closed from Dover Street south, through June 28.

■ Suffolk Street will be closed between Stewart Avenue and Glasgow Street through June 21.

For details, call 556-6503.

SPONSORS NEEDED

Sponsors are needed for students attending the preparatory school at the Air Force Academy.

Volunteers must be E-7, O-3, GS-7 or above.

For more information or to volunteer to be a sponsor, call 333-7151.

SPANISH LINGUIST SUPPORT

Spanish linguists are needed to support counter-drug operations in Latin America.

Any Air Force specialty, E-6 and below, may apply.

For more information on the

position or to volunteer, call Master Sgt. Judy Siano, at DSN 665-3815, or e-mail

afpc.dpapp@randolph.af.mil.

INCOME TAX ERROR

Due to a computer software error with TAXWISE, the IRS-supplied application used by the volunteer income tax assistance program at Peterson AFB, you may have paid too much Colorado Income Tax.

The problem appears to affect married couples that filed a joint tax return where one spouse is a part-year resident or non-resident of Colorado and that spouse had taxable income earned in the state of Colorado in 2001.

If you feel your Colorado State tax liability might be too high because of an error, contact the tax center at 556-5213, for an appointment to review your Colorado tax return.

Envision opens on-base supply store

By Staff Sgt. Melanie Epperson
21st Space Wing Public Affairs

Envision Express opened a new kind of base supply store at the corner of Paine and Ent streets June 4 with a grand opening ceremony.

“We are the new base supply store,” said Micky Ayers, store manager. “We closed individual issue down for about 45 days, and in that time we remodeled the warehouse and completely stocked it.”

According to Ayers, Envision Express also took over the responsibilities of individual issue.

“We have an open-door policy,” Ayers said. “Customers can feel free to come in with their individual equipment issue letter and take their time. They can try on the uniforms in our dressing rooms to make sure they get the right fit.”

Ayers added that customers don’t need to feel rushed or worried, staff members are more than willing to help customers get what they want and what they need.

“Customer service is very important to us,” Ayers said. “We go out of our way to help people.” The aisles are filled with everything from batteries to day-planners. They even stock cleaning supplies and chemicals approved for use on base. They also take requests.

“If you need something and you don’t see it on the shelf, just ask,”

Ayers added. “We can find just about anything.”

The new store is filled with office supplies and janitorial supplies that are Javits-Wagner-O’Day Program mandatory source products, and all are legal for IMPAC card purchase.

The JWOD program provides jobs to the blind and severely disabled. This Federal program encourages the government to purchase products through agencies whose disabled workforce complete at least 75 percent of labor hours. The Envision Express Base Service Centers, in conjunction with JWOD manufacturing, create 36,000 jobs for people who are blind or disabled.

According to an Envision press release, its mission is to “enhance the personal independence of individuals whose blindness, often accompanied by other disabilities, impacts their opportunities for employment, success and integration into community life.”

Gary Parker, an Envision Express store employee, is legally blind and an Army Vietnam veteran. That doesn’t stop him, though. Envision supplied him with glasses, a magnifying glass, a magnifying cash register and even a Magnisight, a machine that magnifies print. They also provided training and certification, so he can use the equipment essential to everyday operations at the store.

“I feel proud and lucky to have my job,” Parker said. “Most compa-



Photo by Joe Fischer

Gary Parker, a legally blind Army Vietnam veteran, helps a customer with his purchase at the Envision Express supply store grand opening June 4.

nies aren’t very receptive to hiring the handicapped and visually impaired, but not Envision.”

“The working environment is great,” he added.

“Co-workers treat me as an equal. The people who work here and

the customers are just the best.”

Envision is open Mondays-Fridays, 7:30 a.m.-4 p.m., but store personnel are on-call 24 hours a day. For after hours needs, such as deployment equipment issue, contact the 21st Supply Squadron.

A-moth-alyipse now

Miller Moth migration in full flight throughout Colorado Springs

By Capt. Don Kerr
21st Space Wing Public Affairs

The annual migration of Colorado miller moths is upon us and filling the usually clear air around Peterson and the Springs with hundreds of thousands of moths.

Miller moths, the term given to any type of moth that is particularly abundant in and around homes, have been infesting workplaces and base housing for weeks. The moths migrate toward the mountains during the summer for the cooler temperatures and abundance of summer flowers, in order to sustain themselves and live longer. But for a five to six week migration period from mid-May to late-June, the moths infiltrate hallways, stairwells, basements, and garages across Colorado Springs.



“At home, we’ve been keeping score as to who can destroy the most moths,” said Leah Andrews, a base housing resident.

Andrews explained how the moths seem to congregate in and around bushes and near floodlights at night. “It’s a pretty good idea to open and shut the door quickly a few times before walking outside so you don’t become engulfed by them.”

Base and entomology experts, along with everyone else, have tried just about everything to get rid of the small winged pests. One trap that has proved somewhat effective is to suspend a light bulb over a partially filled bucket of water and watch as moths attracted to the light, fall into the water and die.

While the moths are harmless, they often leave a reddish-brown fluid in places they rest, such as windows. And once they die off, they can give off a very distinct odor.

Experts encourage cleaning out window sills, checking behind ceiling tiles, and other dark areas

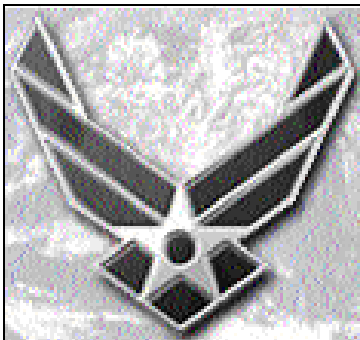
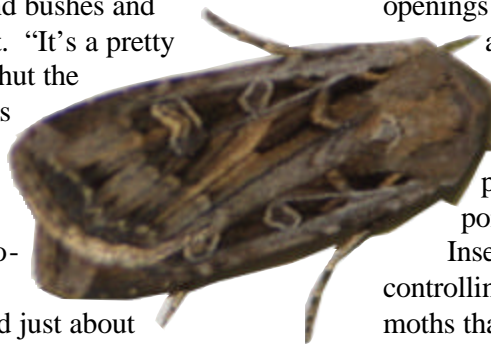
the moths may lay, before realizing they’re “guests” in your home come next fall.

Some steps to take to defend yourself against the pesky moths are to try and seal any obvious openings around windows and doors, and to turn off all unnecessary lights at night that might attract them. Although the moths avoid daylight and will find their way into the dark corners of your house and workplaces during the day, they are attracted to point sources of light at night.

Insecticides aren’t worth your time or effort in controlling millers. They tend not to work and new moths that migrate into the area nightly will rapidly replace any moths killed. If you happen to see any bats or birds flying in the area – welcome them. They are the only natural known predators of the miller moths.

Besides the time spent vacuuming and swatting swarms of millers and waking up at night to them fluttering over your head, they are harmless.

While they do migrate back from the mountains in the late summer, the return flights are more spread out, therefore less obvious, and easier to handle for all of us.



Space Observer

Serving Team 21 and its Global Mission

Check out the Space Observer online at www.spaceobserver.com

Medical team treats 3,336 in Central America

By 2nd Lt. Michelle Mayo
30th Space Wing Public Affairs

VANDENBERG AIR FORCE BASE, Calif. -- A team of 11 people from Vandenberg Air Force Base and one from Los Angeles AFB, Calif., traveled to the tiny Central American country of Belize for two weeks in May to provide medical care for 3,336 patients.

Five Air Force physicians, a dentist, an optometrist, a pharmacist and four assistants treated as many as 400 people a day in the small country, nestled between Mexico and Guatemala along the Caribbean coast, said Maj. (Dr.) Markham Brown, 30th Medical Group chief of family practice and commander for the humanitarian mission.

The country, slightly smaller than Massachusetts, is home to 250,000 people, 33 percent of whom live below the poverty level. The doctors treated patients in Belize City, Dangriga and outlying areas.

"One of the biggest things we realized is how good our own health care is compared to so much of the rest of the world," Brown said. "Just the cost of medicine makes medical care prohibitive for many people."

In response, the doctors set up clinics in elementary schools and provided free medical care to patients on a first-come, first-served basis.

They treated people for



Courtesy photo

Capt. (Dr.) Patrick Shea, a 30th Medical Group physician from Vandenberg Air Force Base, Calif., examines a little girl in Belize. The 12-person team examined as many as 400 people a day during 12 days in Belize.

diabetes, tested hearing and vision, and performed blood pressure checks. They also provided treatment for skin and fungal infections.

Conditions were primitive.

"The first place was memorable because bats would come in through a hole in the ceiling and fly between me and my patients," said Dr. (Lt. Col.) Steven DeAnda, the team optometrist.

While Brown said the team was not able to provide long-term health care, he was happy that they were able to give people relief from infections and pain.

During the mission, all of the doctors were in high demand, but the optometrist and dentist were especially busy.

In the countryside outside of Dangriga, there is no dental care for a 100 miles and eye care is not available.

People began lining up to see the eye doctor as early as 4 a.m. DeAnda was able to treat an average of 32 patients a day.

"A lot of these people were functionally blind, not

because their eyes were diseased or anything, but because they had nothing," DeAnda said. "They couldn't afford glasses."

DeAnda gave away 273 pairs of glasses out of the 1,700 pairs he had brought. The team left the remainder of the glasses in Belize for the next humanitarian mission. The majority of the glasses were gathered during a drive on Vandenberg in March.

Maj. (Dr.) Guy Delgadillo, the team dentist, operated out of any available space, including libraries. He treated about 20 people a day. By the end of the 12 days, he had given away nearly 2,000 toothbrushes.

The medical team, who called themselves Team Jaguar, went in support of U.S. Southern Air Forces Medical Plans and Operations Medical Readiness Exercise.

The program provides Air Force medical units valuable deployment training opportunities and enabled them to conduct humanitarian and civic assistance in conjunction with military operations.

Save money during savings bond campaign

AF Savings Bond campaign runs through end of June

By 2nd Lt. Kevin Eggers
21st Operations Support Squadron

Recent economic times have been somewhat like a roller coaster – ups and downs, and twists and turns have marked the past several years.

Through it all, only one thing seems clear – if you expect a good retirement, you have to continue to save and invest, and a balanced portfolio will protect you from the worst of the gyrations.

Millions of savers and investors have rediscovered the value of an old standby – United States Savings Bonds.

Savings bonds may not be the most exciting investment on the block, but one thing is for sure in this uncertain world – they are a steady performer that won't lose money.

Whether you choose Series EE or Series I Bonds, returns are comparable to – or better than – the returns available on other savings instruments.

Savings bonds add balance to any existing portfolio and are a great way to start saving and build capital to the point where you have enough to diversify.

The two types of savings bonds offer consumers a choice. The Series EE is sold at half its face value and earns interest at 90 percent of the average return on five-year marketable treasury securities, currently 3.96 percent, with rates adjusted semi-annually to track the marketplace.

The Series I is indexed to inflation, earning a two part return – a rate fixed for the life of the bond, two percent through

October 2002, plus the rate of inflation, currently .57 percent, again adjusted semiannually to track changes in the consumer price index.

Both come in denominations ranging from \$50 to \$10,000, and both are tax advantaged with interest exempt from state or local income taxes. Federal tax is also deferred until redemption or final maturity. Both are guaranteed safe by the full faith and credit of the United States.

For savers and investors who occasionally have to tap into their resources, bonds offer easy redemption at most financial institutions any time after they've been held for a minimum of six months.

And there are no restrictions on redemption, no capital gains to report, and only a small interest penalty if the bonds are redeemed before being held five years.

Savings bonds currently earn better returns than passbook or money market accounts and short-term certificate of deposits.

If you add their purchase flexibility, their tax advantages, and their safety, the Series I Bonds even increase in value beyond inflation, no matter what that is.

The Air Force 2002 Savings Bond Campaign began June 1 and will run through the end of the month.

Campaign volunteers will begin contacting Air Force military and civilian personnel to distribute literature, answer questions and make enrollments in the program.

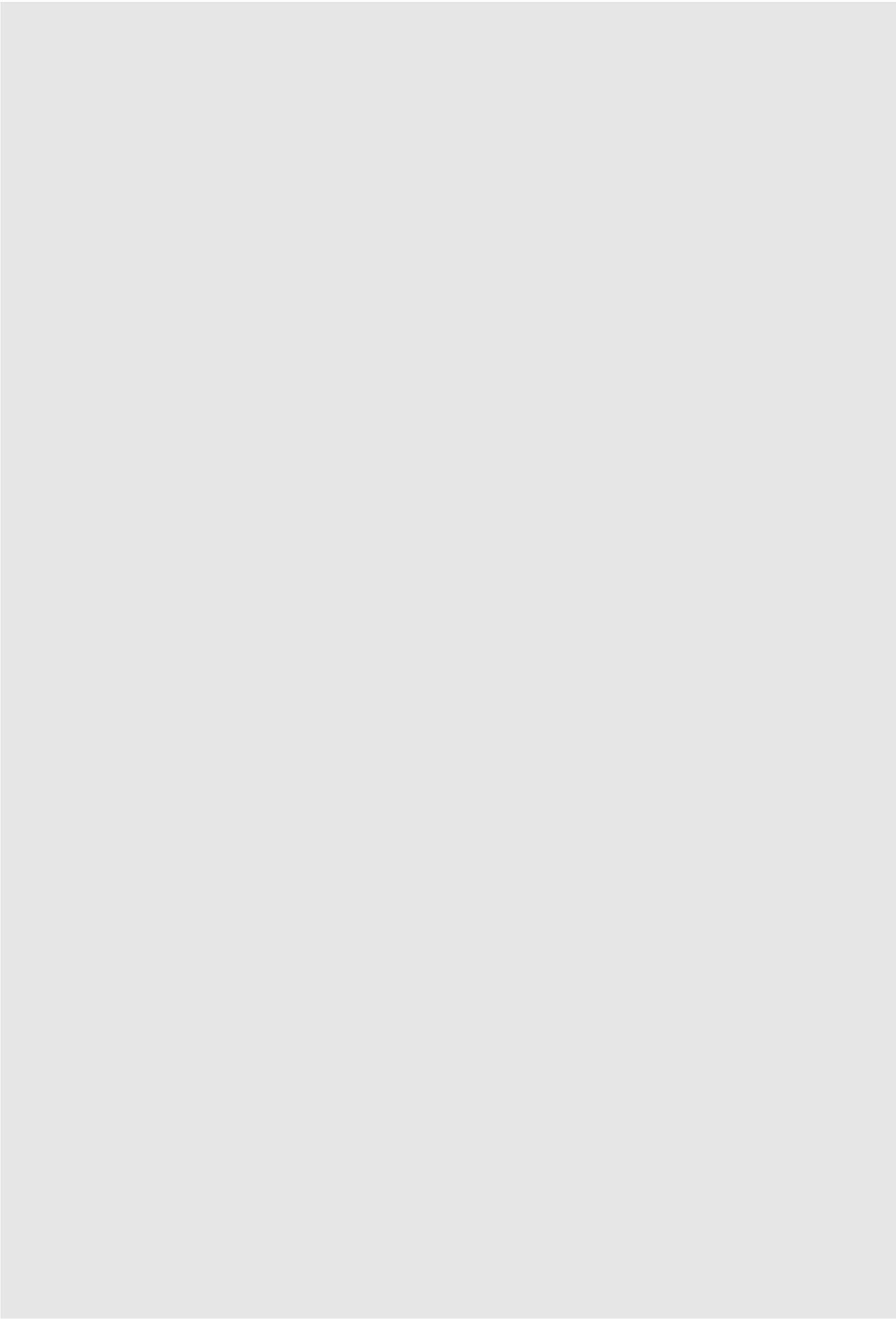
For more information on this year's campaign call the wing point of contact or log onto www.savingsbonds.gov to learn more about U.S. Savings Bonds.

**** Editor's Note: 2nd Lt. Eggers is the POC for the 21st Space Wing.**

Interested in Air Force opportunities?

Contact Air Force Recruiting Service at www.airforce.com or 800-423-USAF





Take time to celebrate the flag today

By Tech. Sgt.
Michael Phillips
[21st Space Wing Public Affairs](#)

Today is Flag Day. Flag Day was first celebrated June 14, 1877, the centennial of the adoption of the Stars and Stripes as the U.S. flag.

In that year, Congress asked that all public buildings fly the flag on June 14. In the years following, many citizens

and organizations lobbied for the adoption of a national day of commemoration for the U.S. flag. It wasn't until Aug. 3, 1949, that President Harry S. Truman signed an Act of Congress designating June 14th of each year as National Flag Day.

By a Joint Resolution on June 9, 1966, Congress requested the president issue, annually, a proclamation designating the week in which June 14 occurs as National

Flag Week, urging U.S. citizens to display the flag during that week.

Francis Bellamy, an ordained minister in Rome, N.Y., is credited with authoring the original Pledge of Allegiance.

On the eve of the 400th anniversary of the discovery of America, he campaigned for the establishment of a national holiday on October 12 to celebrate the day on which Columbus discovered

America. In his concept, he envisioned that flags would be flown over every schoolhouse and public building from coast to coast.

In the material he nationally circulated, he included the original 23 words of the Pledge, which he had developed.

"I pledge allegiance to my flag and the Republic for which it stands, one nation indivisible, with liberty and justice for all."

Thus, on Columbus Day in 1892, the Pledge of Allegiance was repeated by more than 12 million school children in every state in the union.

The wording of the Pledge has been modified three times. In 1923, the words "the flag of the United States" were substituted for "my flag." In 1924, "of America" was added. On Flag Day 1954, the words "under God" became a part of the pledge. Now, the 23 words have become the 31 words familiar to Americans today.

"I pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

The idea of an annual Pause for the Pledge of Allegiance originated in 1980 at the Star-Spangled Banner

Flag House in Baltimore, Md. The concept has since swept across the country in a grass-roots movement supported by a broad spectrum of individuals, organizations and businesses.

On June 20, 1985, the 99th Congress passed and President Ronald Reagan signed Public Law 99-54, recognizing the Pause for the Pledge of Allegiance as part of National Flag Day activities.

This simple annual ceremony is a stimulating patriotic experience at home and a sign of unity abroad. All Americans are urged to participate at 5 p.m. today in reciting the Pledge of Allegiance.

Flag Day reminds us of the need to look at the fundamental principles the flag represents, and to treat the flag with respect.

The events of Sept. 11 brought a wave of patriotism over America. Flags are prominently on display on cars, homes and billboards throughout the country. As the months pass, however, many flags are becoming torn, soiled or worn.

As flags become unserviceable, they should be replaced and the old flag retired with dignity. As you take time to honor the flag and reflect on the principles it represents, look closely at the flag you display.



Photo by Staff Sgt. Josh Clendener
Outside the 21st Space Wing Headquarters building, the flag blows gently in the breeze.

A T Y O U R S E R V I C E

HAWC’s fitness program has perks

By Staff Sgt. Melanie Epperson
[21st Space Wing Public Affairs](#)

The staff at the 21st Space Wing Health and Wellness Center recently implemented the new Commander's Fitness Trophy program, an incentive program that rewards squadrons when their members do well on fitness assessments.

“The fitness program is a commander's program,” said Maj. Scott Guthland, Health Promotions Manager. “Before this, they didn't really have an incentive to improve fitness rates, and we wanted to change that.”

The Commander's Fitness Trophy program began when trophies were awarded to squadrons based on their size, and the currency and pass/fail rates of their member’s fitness assessments. The small unit trophy goes to the unit with fewer than 50 members while the middle unit trophy goes to one with 50-125 members. Units with more than 125 members are eligible for the large unit trophy.

Units must be 100 percent current at the end of each month to qualify for the trophy. That means that everyone in the unit must have completed their fitness assessment, including the cycle ergometry test, push-ups and sit-ups. Even though push-ups and sit-ups don't have required minimums yet, doing them is still mandatory for the fitness assessment.

“This basically means push-ups and sit-ups are mandatory for fitness assessments, but they don't count against you,” said Cindy White, Exercise Physiologist and Fit Program Manager.

Units must also maintain an 80 percent tested and passed rate during the quarter to qualify for the trophy in their respective size categories.



Photo by Staff Sgt. Josh Clendenen

Master Sgt. James Freeman, Space and Missile Systems Center, Detachment 11, administers a cycle ergometry test to Tech. Sgt. Myron Calvin, Electronic Systems Center, Detachment 5. Detachment 11 is currently in first place in the middle-size category for the Commander's Fitness Trophy. Detachment 5 is in fourth place.

According to Guthland, the Air Force is moving toward being a lot more proactive than it has been in the past.

“Last year our direct care medical costs Air Force-wide, that were attributed to active-duty members being overweight or out of shape, were more than \$23 million,” Guthland said. “We are trying to provide programs that will help prevent these problems before they happen.”

According to White, a recent study of Fortune 500 companies showed that regular exercise improved the bottom line of companies that promoted physical fitness. People who exercise regularly also have 20-30 percent fewer sick days and are nine times less likely to be injured on the job.

The report also correlates an increase in productivity to exercise.

“It all comes down to readiness,” Guthland said. “When I worked in a Aerovac during Desert Shield/Storm, we luckily saw very few battle casualties. What we did see were injuries related to members being out of shape and not used to the demands of the field environment.”

According to Guthland, the recent increase in deployments of Air Force personnel creates an even greater imperative for fitness.

The Commander's Fitness Trophy is just one of the incentive programs the HAWC offers. For more information, call the HAWC at 556-4292 or visit <http://www.peterson.af.mil/ids/hawc/>.

This Week

Today

■ Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.

Saturday

■ Babysitter training, 9 a.m.-1 p.m. at Building 350.

Monday

■ Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.

Tuesday

- Sponsorship training, 7:30-8:30 a.m., at the Family Support Center.
- Resume class, 9-11 a.m., at the Family Support Center.
- Career Status Bonus/REDUX briefing, 1-4 p.m., at the Family Support Center.

Wednesday

- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.
- Family buffet night, 5-7 p.m. at the Enlisted Club.

Thursday

- Play group, 10:30-noon, at the chapel.
- Job orientation, 1-2:30 p.m., at the Family Support Center.
- Career marketing, 8 a.m.-noon, at the Family Support Center.

June 21

- Mothers on the Move, 9:30-10:30 a.m., at the Family Advocacy Center.
- Region director’s sale, at the commissary.

Helpful Numbers

- Family Advocacy 556-8943
- Education Center 556-4064
- Library 556-7462
- Community Center 556-7671
- Aquatics Center 556-4608
- Fitness Center 556-4462
- Officers’ Club 556-4181
- Enlisted Club 556-4194
- Youth Center 556-7220
- Family Support 556-6141
- Chapel 556-4442
- Red Cross 556-9201
- Aragon Menu Line 556-4782

WEEKLY CALENDARS

At the Officers’ Club	June 18-- Steak night, 6-8 p.m.	June 25-- Steak night, 6-8 p.m.	June 26-- Mongolian Barbecue, 6-8 p.m.	June 28-- Live Maine lob- ster, \$15.95 for members
At the Enlisted Club	June 14-- Seafood buffet, 5-7 p.m., \$12.95 for members	June 19-- Country buffet, 5-7 p.m. \$5.95 for members	June 26-- Cajun buffet, 5-7 p.m. \$5.95 for members	July 3-- Family buffet, 5- 7 p.m., \$5.95 for members
At Outdoor Recreation	June 15-- Parkdale, Royal Gorge trip, \$45/\$55, 7 a.m.	June 16-- Parkdale, Royal Gorge trip, \$45/ \$55, 7 a.m.	June 20-- Durango pre-trip meeting, 5:30 p.m.	June 29-- Durango 6-day trip, \$370, 7 a.m.

DESERT KNIGHTS



Master Sgt. Bobby Bell, deployed from the 21st Support Squadron, lowers a pallet of water bottles with a forklift. Bell, who has been deployed to the desert times before, is responsible for distributing water to various locations on base. According to Bell, the base goes through about 3,000 cases per week.

Story and photos by Senior Airman Shane Sharp

384th Air Expeditionary Group Public Affairs

The 21st Space Wing is best known for providing missile warning and space control to unified commanders and combat forces worldwide. However, the wing also provides personnel to deployed expeditionary units in support of Operation Enduring Freedom.

Fifteen of Peterson’s own are serving with the 384th Air Expeditionary Group at a classified location in the Middle East. Living, and in most cases, working in tents, they do their jobs that in many ways are very different from their jobs back home.

“I haven’t done anything like this before,” said Senior Airman Tyranda Williams, 21st Comptroller Squadron (384th Air Expeditionary Group Finance Cashier). “Back home the finance office doesn’t deal with cash. It has definitely broadened my perspective on what the military is all about.”

Staff Sgt. Patrick Krill, 21st CPTS, had to learn a job he had never done. “I had never worked the accounting side of finance,” said Krill. “I’ve always worked with military pay and customer service. Now I approve base purchases and keep track of funds and budgets.”

Two members of Peterson’s Military Personnel Flight are in charge of accountability and casualty reporting. 1st Lt. Alonzo C. Bray and Staff Sgt. Barbara Ritson work at the base Personnel Support for Contingency Operations office; their main job – keeping track of everyone.

“Here our job is to know where all personnel assigned to this base are,” said Bray. “That can be a real challenge, especially when it comes time for rotations and people are leaving and arriving almost daily.”

The Peterson troops may not be on the front lines in Afghanistan, but living in a volatile region of the world poses different kinds of threats.

Krill learned first hand about some of those threats while making payments to

vendors in the local city. He and three other base members stopped at a stoplight and suddenly found themselves in the midst of a protest.

“It was intense,” said Krill. Being in a situation that could have easily turned violent was an eye-opening experience for Krill.

“It really puts you in touch with the reality of what goes on in the rest of the world. This is no headline on CNN. It’s happening right in front of you.”

For many, the most difficult aspect of deploying is leaving behind family and loved ones. Staff Sgt. Lee Hainley, 21st Services Squadron, left behind a 10-year-old and a toddler almost 2 years old.

“This is my first time being away from family,” said Hainley. “I think that’s the toughest part of being deployed. Being able to e-mail them daily and call them every week helped quite a bit though.”

Hainley isn’t the only Peterson troop who misses family. Bray missed his daughter’s fourth birthday. Krill left three children; the youngest is nine months old and has learned to crawl and stand since his dad left for the desert.

Making sacrifices, such as leaving behind loved ones, has taught Peterson’s finance superintendent what his troops go through when asked to deploy.

“This is my first deployment after 17-years of service,” said Senior Master Sgt. Dennis Baker, 21st CPTS. “One of my roles as a superintendent has been telling others they have to leave their families and make sacrifices to deploy. Because of different things I never was the one to go. Now, because I’ve been here it gives me a better understanding of what they go through.”

Most Peterson members are coming to the end of their 90-day stay in the desert and will be coming home in the next couple of weeks to be with family and return to their 21st SW lives.

***Editor’s Note: Senior Airman Shane Sharp is a member of the 21st Space Wing Public Affairs office and was recently deployed in support of Operation Enduring Freedom. Welcome home Shane and all of the deployed 21st SW members.*

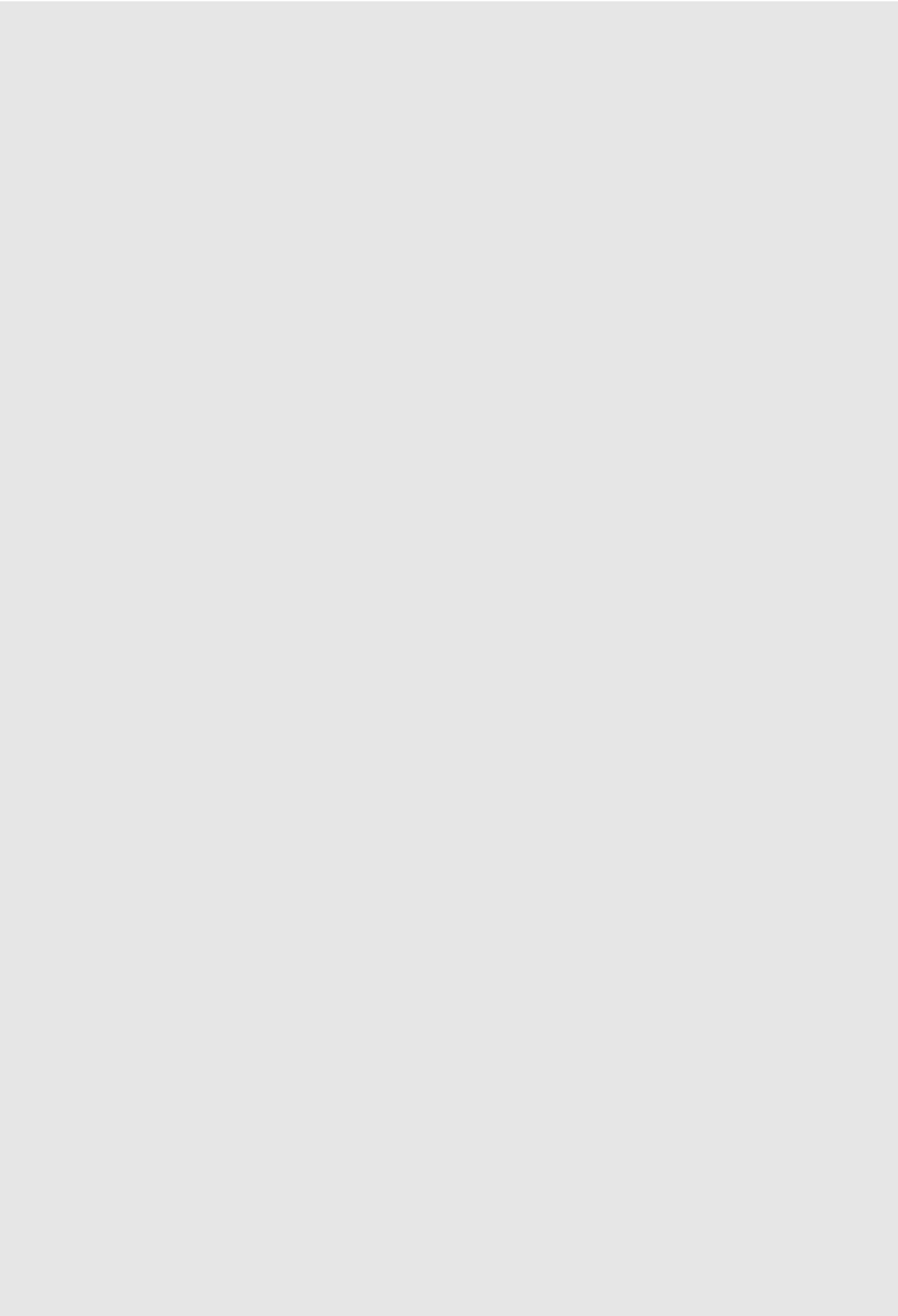


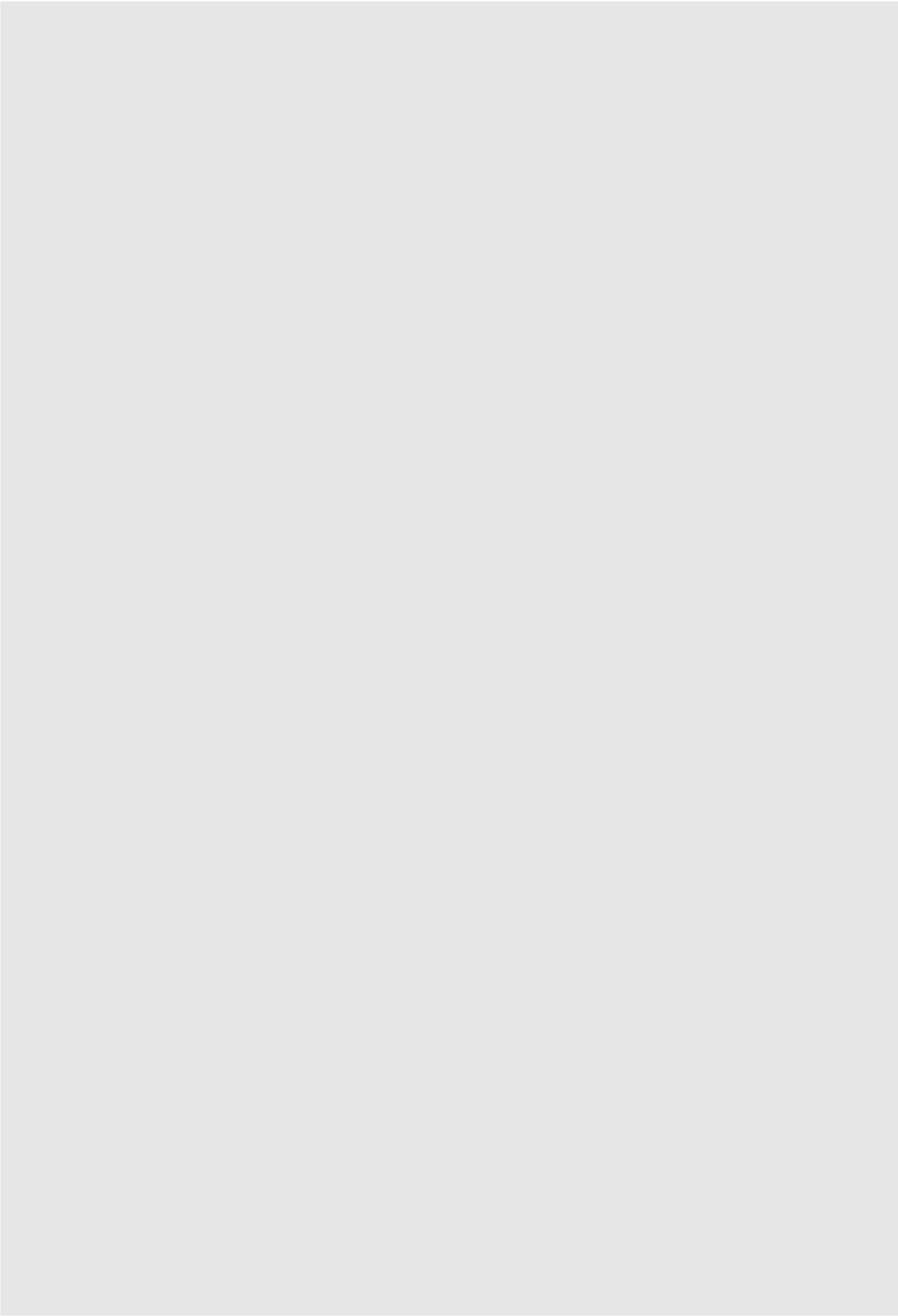
Staff Sgt. Patrick Krill, 21st Comptroller Squadron, fills in another blank on his countdown camel. The camel started out with 90 spaces to be filled and now is almost completely full, as Krill will be returning home this week.



ABOVE: Staff Sgt. Lee Hainley, 384th Services Flight, hangs up clean uniforms for 1st Lt. Sam Patel, 384th AEG Finance. Hainley is an administrative troop but substitutes for regular base services, like the linen exchange and the laundry tent.

LEFT: Senior Airman Tyranda Williams, 384th Air Expeditionary Group Finance, cashes a check for Staff Sgt. Dante Adams from Elmendorf Air Force Base, Alaska. Williams is the camp cashier and cashes about \$30,000 in checks per week.





ROCHE: *Looking to the future of the Air Force*

From Page 2

Our combat support units have occupied, established, or rebuilt bases throughout Southwest and Central Asia.

And we accomplished all this despite the challenge of waging a combined campaign in a landlocked nation.

Through your efforts, you confirmed to our nation and the world the unmatched value, flexibility and promise of air and space power.

While we've achieved many of our objectives, there remains much work to be done. The fight continues, with many of you going into harm's way daily.

Our ongoing missions

and your unrelenting sacrifices testify to your commitment to eradicate this threat to our nation and freedom-loving people everywhere. Most important, we need to prepare and resolve ourselves to see this through to the finish, regardless of where the fight takes us.

Many of you are deployed around the world at remote and inhospitable settings, spending extended time away from your families.

Many more are scheduled to deploy in the months ahead. Some of you no longer are benefiting from the air and space expeditionary force schedule and are facing more frequent deployments.

We've asked many of you to put in long hours well beyond your normal schedules and we've stretched our force to cover expanded missions in new locations. Many of our people are affected by Stop-Loss.

We're working to mitigate the numbers affected as soon as possible, but until we do, our folks' lives will remain on hold until we complete this campaign. And we have thousands of Air National Guardsmen, Air Force Reservists, and Individual Mobilization Augmentees who are serving for extended periods at great personal cost to their civilian jobs and their family lives. I recognize your

sacrifice and commend you for your service.

Our nation needs its Air Force as never before, and your Air Force needs each and every one of you, your talents and your service as never before. Yet, regardless of these challenges, you continue to train, maintain and fight with a level of professionalism unmatched by anyone.

As I look to the journey ahead, I'm excited at the opportunities we have to serve our nation as we face the challenges posed by our evolving security environment. I look forward to continuing that journey with you.

I stay focused on developing new strategies for air and space power in this new millennium; delivering innovative and effective capabilities to the warfighters; improving Air Force retention, professional education and leadership development; eliminating the inefficiencies in how we do our business; and transforming our acquisition processes to ensure innovation and competitive vibrancy within our defense industrial

base.

Most important, I want to ensure we care for our people and their families through these challenging times. Communication, engaged leadership at all levels, and a genuine concern for the value of our people and their daily sacrifices are vital to building and sustaining a motivated and capable force.

On that day one year ago, I committed myself to serve in a manner befitting of the great men and women of our Air Force and to serve just as each of you do every day all around the globe — with integrity, selflessness and in the earnest pursuit of excellence.

Your entire leadership team — General Jumper; my talented undersecretary, Peter Teets; our vice chief of staff, Gen. Robert "Doc" Foglesong; and myself — are firmly committed to these values.

Your service and sacrifices the past year have been truly magnificent and have earned the justifiable admiration of our nation and the respect of the world.

Helpful keys to success

By 2nd Lt.
James Conway
21st Communications Squadron

In the 10 years that I have served in the Air Force, my experiences have repeatedly changed my perspectives.

My jobs have taken me to countries in Europe, the Caribbean and Southwest Asia. I've survived blistering heat and freezing cold.

Through these experiences, one thing stood out—people are basically good. If someone asks for my advice, I tell them to be decent.

You are part of a family. Our family support structure is unequalled. Military members, then families, and civilians share common ground. We understand what TDY separations are like.

We can walk in anywhere and share a story with anyone, whether they're active, reserve, dependent, retired, a civil servant or a contractor, and they'll understand.

Be honest with your

coworkers and yourself. Honesty is vital for mission success. Without honesty, there is no trust. The results are immediate. When trust dies, morale drops, job performance decreases, and mission performance degrades.

Be empathetic toward your coworkers and your family. Work to understand what motivates them and how they think. Rarely will commanders or supervisors make rash or malicious decisions. Rarely does a subordinate attempt to deceive.

Remember that you are one cog in the Air Force machine. Everyone has a job that impacts the mission.

Eliminate any squadron in the Air Force and mission accomplishment would come to a standstill. Keep this in mind when interacting outside your domain.

Learn from your supervisors. Learn from your subordinates.

I've been developing professionally for 10 years. I intend to continue to grow for the rest of my life.

Sports

Pete Complex member lifts his way to top

By Master Sgt. D.K. Grant
21st Space Wing Public Affairs

Mike Barber, at 5-foot-6, carries his 198 pounds comfortably and lacks the swagger that others in his position might display (not many Air Force members are listed in the Who's Who of Powerlifting on the all time, top 100 for two weight classes: 165 and 181).

Maybe it's an age thing. At 40, he snagged second place in the U.S.A. Power Lifting-sponsored Masters National Powerlifting Championships, held the first weekend of June, in Charlottesville, Va.

It could have been a first place trophy if not for a badly torn bicep that limited his bench to 425 pounds, leaving his 675-pound squat and 650-pound deadlift to carry the day. His total lift, about 300 pounds lighter than five years ago, still ranked him ahead of 14 other lifters.

After 18 months of rehabilitation from the injury and 15 months as a full-time college student, his performance declined somewhat. Although he continued to lift, it wasn't until 18 months ago that he resumed his competition

workouts.

This year wasn't necessarily easy, though he enjoyed the challenge. Next year will be tougher for him because he plans to change his competition class. June 1, he competed in the master's division for 40-year-olds and older. Next year, he'll enter in the open division, which will pit him against men half his age.

Barber, a master sergeant assigned to Headquarters, North American Aerospace Defense Command here, has been lifting for the 20 years that he's been enlisted in the Air Force. It was almost a fluke he got involved, he said.

A friend who lifted competitively got him interested. At Barber's first meet, still a novice, he out-lifted his experienced pal. It was the beginning of a lifelong regimen for the Oklahoma native, whose eating and exercise habits are evidence of a devoted competitor.

"I'm a clean eater," he said, snorting at the massive calorie intake so many power lifters seem to think is necessary. Balance is what it's about, he explained. He has a good balance of protein from chicken (primarily), carbohydrates from whole rice and

grains, and lots of salad. Fatty food just makes you fat, and fat doesn't help you lift, he believes.

"That's why I've been able to continue doing this for so long. I take care of myself, I eat right and I'm safe."

Barber qualified for the nationals at a regional meet in Denver, but there are numerous smaller meets locally, year-round.

Taking a small meet isn't important – training for the big events is what he focuses on. And it's about winning. It's a competition sport.

"You can train all day, but if you aren't doing something – competing where you're challenged – you're wasting your time. Then it's just about ego," he explained.

Bicep-tear notwithstanding, Barber is a safe lifter and he is visibly disturbed by unsafe practices he sees in the gym. People who don't warm up, stretch lightly, and lift correctly get hurt, and he often reminds weightlifting novices injuries could cripple or kill.

What advice does he have for the sport's newcomers? First, get with an experienced competitive lifter and ask him or her to teach you. Second, use safety gear when



Photo by Master Sgt. D.K. Grant

Mike Barber begins a deadlift during his morning work out at the Peterson Air Force Base Fitness Center.

you work out. Third, go slow, be careful and stay focused.

Powerlifting is different from weightlifting and bodybuilding in many ways, but the most significant difference, according to Barber, is the mental preparation and effort

required in powerlifting. "It takes incredible mental focus and effort to make yourself lift a half-a-ton repeatedly," he said. "An average weightlifter won't lift in a week what a power lifter lifts in a workout session."